

Kinderwood Children's Center Menu

Week 2 & 4
Rooms 4 & 5

	<u>Breakfast</u>	<u>Lunch:</u>	<u>Snack</u>
<u>Monday:</u>	Waffles ½ serving w/ butter & syrup Banana 1/2 c Milk ¾ c	Spaghetti ¼c Cheddar Cubes 2 oz Apples ¼ c Carrots Sticks ¼ c Milk ¾ c	Yogurt ¼c Apple Juice ½c
<u>Tuesday:</u>	Special K Cereal 1/3c Applesauce 1/2 c Milk ¾ c ¾ c	Grilled Cheese Sandwich 1.5 oz Oranges ¼ c Green Beans ¼ c Milk ¾ c	Life Cereal ¼ c Apple Juice ½c
<u>Wednesday:</u>	Toast 1 slice w/ butter Pears 1/2 c Milk ¾ c	Fish Sticks 1.5 oz Raisins ¼ c Carrots Sticks ¼ c Milk ¾ c	Whole Grain Goldfish Crackers ¼c Apple Juice ½c
<u>Thursday:</u>	Cheerios 1/3c Mandarin Oranges 1/2 c Milk ¾	Chicken Salad Sandwich 1oz Cheddar Cubes 1 oz Pears ¼ c Green Beans ¼ c Milk ¾ c	String Cheese 1oz Apple Juice ½c
<u>Friday:</u>	Nutrigrain Bar 1 serving Applesauce 1/2 c Milk ¾ c	Cheese Pizza 1.5 oz on Whole Grain Buns Peaches ¼ c Peas/carrot Medley ¼ c Milk ¾ c	Graham Crackers 1 Serving Apple Juice ½c

***All bread is Whole Grain Wheat *We serve 100% Apple Juice**
***Room 1 & 2 receive Whole Milk * Room 3-5 receive Fat Free Milk**

Menu is subject to change if needed

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